

Inside



■ Movies this week: 'Breach,' 'Hannibal Rising' (above) and 'Letters from Iwo Jima' **A3**



■ The right running shoe can mean the difference between finishing the race and limping home **A3**

Sports Shorts

New Pool Hours & Fees — The Outdoor Recreation Aquatics program is reducing its pool hours effective Apr. 16. The new hours at Pool 1, also known as the lap pool, will be Monday through Friday, 10:30 a.m. to 1:30 p.m. New hours at Pool 2, the recreation pool, will be Wednesday through Friday, 2-6 p.m., and Saturday and Sunday, noon-5 p.m. In addition to changes in the hours, new pool user fees will go into effect Apr. 16. Daily fees for Pool 1 will be \$1.50 and Pool 2 will be \$2.50. Monthly swim passes are available for both pools. A Pool 1 swim pass will be \$10 per month. Swim passes for Pool 2 will be \$40 per month for a single member, \$30 per second family member and \$20 per 3rd or more family member. For more information, please call 448-2223 or 449-8274.

New Martial Arts Program at the Fitness Center — Discover Okinawa Kenpo Karate, through Mar. 31. Drop in for classes at the Fitness Center on Monday and Wednesday at 6:45 p.m., for only \$5 per class. Then, starting Apr. 1, classes are \$60 per month or \$10 drop-in for a single class. Registration fees may apply. Uniforms and training gear will be available for purchase through DeValentino Shudokan Schools. For more information, call 448-2214.

Sail-A-Brate Splash-Tacular — Enjoy a movie on the beach and stay all night at one of the camp sites at Hickam Harbor, Saturday, Mar. 24. Get one free entry into Splash-Tacular on Sunday, March 25. A \$5 entry fee gets you into Splash-Tacular on Sunday, Mar. 25. Enjoy the giant water toys, water-slide, tide pools, motorboat

See SPORTS, B6

Assistance Fund raises \$30,000

By Jeff Nicolay
Hickam Kukini editor

Scheduled to run through Apr. 12, Team Hickam's Air Force Assistance Fund "Commitment to Caring" campaign is well on the way to its goal of raising \$100,842 to benefit active-duty, Reserve, Guard, retired Air Force people, surviving spouses and families.

"As of the end of last week, we've raised over \$30,000," said Capt. Patrick Colaw, 15th Airlift Wing Assistant Staff Judge Advocate, who is also serving as the Wing Project officer for the 2007 Team Hickam AFAF campaign. "It's a good start for week two. It gives us great optimism we're going to achieve that \$100,000 goal."

As Captain Colaw explains, the Air Force Assistance Fund has a long history of helping Air Force personnel in time of need. Another Airman in the Judge Advocate's office, SSgt. Jamey Mobley, 15AW/JA civil law paralegal, agrees.

"I've used them quite a few times to help me out when I needed to get home to Oklahoma — two times for my grandmother, who was listed as terminal twice, and once for my grandfather," he said. "The Assistance Fund helped me with travel expenses and even some pocket money that I've wouldn't have had otherwise."

Sergeant Mobley added that his initial POC was in Family Support, members of which handled all the paperwork for him.

"It was a pretty effortless process," he said. "Family Support did everything in the office for me."

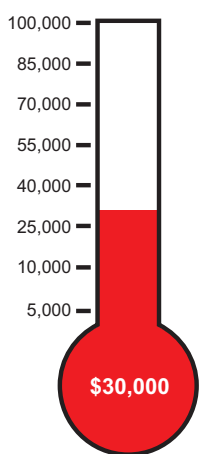
Although Sergeant Mobley said he did have to pay the money back to the fund on what he describes as very generous terms, Maria Barrows, Director



Photo by Jackie Hites

Col. John Torres, 15th Airlift Wing Commander, shows his support of the Air Force Assistance Fund and encourages all airmen to do the same.

Air Force Assistance Fund



of the Airmen and Family Readiness Flight, says there are situations where an AFAF loans do not have to be paid back.

"They're zero-interest loans to start with, and you're not apt to find that kind of deal anywhere else," she said. "But under some circumstances, loans can be turned into grants if need can be proven. For situations like a death in the family or if a family finds is having real trouble with

their finances, the loan can be treated as a grant."

Ms. Barrows added that grants are also available to pay for spouse tuition assistance (although she was quick to point out that the grant would be treated as a loan if the spouse failed to pass a course for which monies were provided).

Ms. Barrows also noted that Assistance Fund also provides a variety of free child-care services for Airmen under a range of conditions including deployment, TDY and relocation.

Meanwhile, Col. JJ Torres, 15th Airlift Wing Commander, expressed his enthusiasm for the program.

"The Assistance Fund is an opportunity to give back to our Air Force 'ohana," he said.

Captain Colaw echoed the colonel's sentiment, noting that nothing can happen without the support of the very people who stand to benefit from the Assistance Fund.

"It really is Airman helping airmen," said Captain Colaw. Every donation helps, so we hope will contribute and help us reach our goal."

Professional women ponder progress at Women's History Month luncheon

By Angela Elbern
Hickam Kukini photojournalist

Five professional women shared their struggles at Tuesday's Women's History Month Brown Bag Luncheon held at the Nellis Chapel Annex.

"You should be barefoot and pregnant," said luncheon panelist Chief Master Sgt. Debra Garza, Security Forces Manager, quoting her ex-boyfriend's father telling her as she first expressed her decision to join the military.

Sergeant Garza was joined by fellow panelists Kim Gennaula, KGMB News Anchor; Sandra Arlene Simms, Circuit Court Judge (Ret.)/State of Hawaii Mediator/Arbitrator; Grace Keohohou, Co-Founder of the Direct Selling Women's Alliance;

and Elaine Ota, Deputy Director of the USO, each of whom spoke about their own challenges and accomplishments in careers traditionally dominated by men.

A highlight of the luncheon was a comment made by Ms. Gennaula in response to a passage in the opening speech given by Col. JJ Torres, 15th Airlift Wing commander.

In those remarks, Colonel Torres referred to an old recruitment slogan urging women to join the military in order to "Free a man to fight" as a way of demonstrating how society's view of women has changed since World War II.

In response, Ms. Gennaula humorously urged women to "join the military to free a man to take care of the kids at home."

Photos by Angela Elbern

A panel of accomplished women from a variety of fields spoke at Tuesday's Women's History Month Brown Bag luncheon, which was held at the Nellis Chapel Annex. Event panelists (top photo) were (from left) Chief Master Sgt. Debra Garza, Security Forces Manager; Kim Gennaula (with microphone), KGMB News Anchor; Sandra Arlene Simms, Circuit Court Judge (Ret.)/State of Hawaii Mediator/Arbitrator; Grace Keohohou, Co-Founder of the Direct Selling Women's Alliance; and Elaine Ota, Deputy Director of the USO.



Wright Bros.
Café & Grille

Lunch will now be served until 1:30 p.m. The evening meal will no longer be served due to low participation. Customers are invited to All Ranks evening dining at JR Rockers, Tuesday through Sunday. For more information, please call 448-4608, ext. 39.

March is National
Craft Month

Craft events are planned all month long at Arts & Crafts. Go green with your scrap-books, create a family keep-sake or just check out the facilities. Come and experience the joy of crafting. The Gallery Show, on display through March, highlights the talents of the staff, instructors, and volunteers. Call 449-1568.

Creative Writing Contest

The Hickam Friends of the Library invite you to celebrate their National Library Week (April 15-21) by entering their Creative Writing Contest. Submissions will be accepted through April 7. You will have plenty of room to flex your cre-

ative muscle in either the poetry category or the short story category. Winners will be selected in three divisions; Children ages 6-10, Young adult, ages 12-17 and Adult. Contact the library at 449-8299 for details.

Easter Brunch at the
Enlisted Club

The Enlisted Club is serving Easter Brunch on Apr. 8. For your convenience, two different seating times are available; 10 a.m. or 12:30 p.m. Advance tickets go on sale today and are required for seating. Ticket prices are \$22.95 per person; \$2 Members First discount, kids ages 7-12; \$9.50 per ticket and kids ages 3-6; \$5.95. Kids under 3 eat free! Large groups can be accommodated with advance notice. For more information, call 448-2271.

Easter Brunch at the
Officers' Club

The Officers' Club is serving Easter Brunch on Apr. 8. For your convenience, four different seating times are available; 10 a.m. or noon for lanai seating, 10:30 or 12:30 p.m. for

indoor seating. Advance tickets go on sale today and are required. Ticket prices are \$22.95 per person; \$2 Members First discount, kids ages 7-12; \$9.50 per ticket and kids ages 3-6; \$5.95. Kids under 3 eat free! Large groups can be accommodated with advance notice. For more information, call 448-4608, ext. 15.

Comics on Duty
World Tour

The Enlisted Club is hosting an all headliner comedy event, Saturday, March 31, at 10:00 p.m. Comedians include Jesse Joyce, Keith Alberstadt, John Bizarre and Tom Foss.

This adult-themed event is open to all Enlisted Club members and guests 18 years and older. There is a \$5 admission fee for non-members, E' Club members are FREE! Don't miss this all-headliner show! For more information, please call 448-2271.

Hickam Harbor
Pre-School
Summer Sessions

If you are looking for something to keep your 3-5 year old busy during the summer, look no further. Hickam Harbor Pre-School is offering a summer session sign-up. Registration begins Apr. 2, from 7:30 to 10 a.m. Please call 449-9234 for more information. We look forward to serving you and your 'ohana!

Family Child Care
(FCC) Licensed
Provider Training

The FCC is holding its monthly pre-licensing class on Thurs, Apr 5, from 5 to 8 p.m., in building 2116 (next to the Vehicle Resale Lot).

This class is for Air Force

spouses who would like more information or have questions on the licensing process.

You must be a spouse of an active duty military member, at least 18 years old, live on Hickam AFB, able to speak, read and write English, and have no child or spousal abuse on your background checks.

Please call 449-1879 for more information.

NASA Astronaut Visit

Astronaut Ellen Baker is visiting the School Age Program in building 1335, Wednesday, Apr. 4, from 2:30 to 3:30 p.m.

She will speak to the kids about her experiences in space and the astronaut program as well as sign autographs. For more information, please call 448-4396.

Officers' Club
First Friday


The O' Club First Friday Celebration is a throwback to the '80s on Friday, Apr. 6, beginning at 4:30 p.m.

Our famous Pupus start at 4:30 and DJ Pat starts pumping out your favorite hits at 5 p.m.

Relive the "Less Filling vs. Great Taste, turn your collar up, break out your skinny tie and dance to the music of the best decade in the last century. For more information, please call 448-4608.

32nd Annual Hickam
Spring Craft Fair

If you are an artist or crafts person, novice to professional, you are invited to take part in our craft fair. Registration starts April 7 at 9 a.m. at the Arts & Crafts Center Gallery. The registration period continues through May 4. Cost is \$65 per booth or double occu-



George P. Solomon
15th AMXS

Your unit rocks because: My unit works hard keeping the PACAF C-17 fleet mission ready 24 hours a day, seven days a week. Our maintainers enable the 15 AW to respond to any situation anywhere in the world.

My job affects all of Hickam in that: Our aircraft have a unique tail flash which represents Hickam AFB. It is seen around the world on missions ranging from providing humanitarian aid to fighting the war on terrorism. It projects a positive image of our base and the USA.

When not at work, I spend my off duty time: I'm a golfing enthusiast, so most of the time you can find me on the course somewhere.

Something people don't know about your unit: We are one of the few units on base to utilize the Total Force concept. We have integrated Active Duty, Guard and civilians, both WG and GS, working in or unit.

If I could change one thing about Hickam, it would be: I would like to see a better club system.

What the supervisor has to say: Mr. Solomon is our IDEA person. He always tries to improve the process. He has submitted numerous product improvement ideas, with several being approved. He has always been a vigilant worker.

Master Sgt. Steven McCorvey

pancy of \$85 per booth. The fair is held May 5 from 9 a.m. to 3 p.m. For more information, please call 449-1568.

Easter Egg Hunts

The Community Center is hosting their annual base-wide Easter Egg Hunt at Earhart Village Park, Saturday, Apr. 7, from 10 a.m. to 12:30 p.m. Egg hunt is conducted by age groups. \$2 bunny photos, \$1 face painting, a drawing for live rabbit and other prizes are featured.

For more information, call 448-0418. Meanwhile, the Teen Cen-

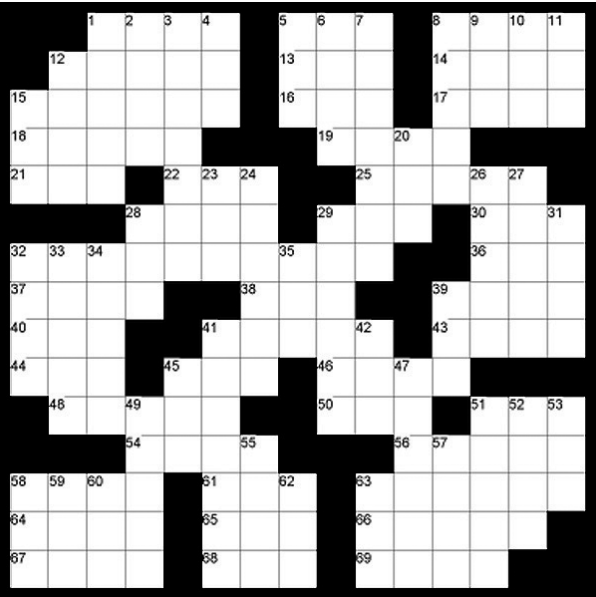
ter is also hosting an egg hunt, Thursday, Apr. 5, from 3 to 5 p.m. Kids ages 10-18 are invited to enjoy games and prizes. There is an entry fee of \$1.

For more information, call 448-2296.

Finally, the Easter Egg Pool Plunge is Saturday, Apr. 7, from 10 a.m. to noon at Pool 2. Swim and gather eggs with prizes. Egg hunt is conducted by age groups. There is a \$3 entry fee, show a family pool pass to receive a 50-percent discount. Pool capacity is limited to 200.

For more information, call 448-2223.

Crossword Puzzle: CSAFs ... Vol. 1



By Capt. Tony Wickman
71st Flying Training Wing

ACROSS

- 1. Domesticate
- 5. Evil
- 8. Foreshadow
- 12. CSAF from Jun. 30, 1961, to Jan. 31, 1969
- 13. Pie _ _ _ mode
- 14. CSAF from Aug. 1, 1969, to Jul. 31, 1973
- 15. Dog
- 16. Fuel
- 17. USAF ace Brig. Gen. Robin _ _ _
- 18. Musical theater
- 19. USAF base in S.C.
- 21. Select
- 22. Actress Carrere
- 25. _ _ _ _ circle; close pals
- 28. Blast
- 29. Explosive combo
- 30. The female person

- 32. CSAF from April 30, 1948, to June 29, 1953
- 36. Grass
- 37. Country host of Balad AB
- 38. Baseball stat.
- 39. Gave direction
- 40. Acting CSAF from Sep. 18 to Oct. 29, 1990
- 41. Mathematical sign
- 43. CSAF from Nov. 6, 1997, to Sep. 6, 2001
- 44. Flightless bird
- 45. Cooking item
- 46. Art or practice of casting magic spells; magic; voodoo
- 48. Off course
- 50. Kwik-E-Mart owner/operator on The Simpsons
- 51. Conjunction
- 54. Japanese cabinet
- 56. Computer need for the Internet
- 58. Sandy hill
- 61. Group

- 63. CSAF from Sep. 26, 1947, to Apr. 29, 1948
- 64. Largest continent
- 65. Self-esteem
- 66. Univ. of Maryland players, informally
- 67. Ringing item
- 68. Sweet potato
- 69. Before the present time; formerly

DOWN

- 1. Principle
- 2. Male royalty
- 3. Sea cow
- 4. Hurricane center
- 5. Paper or plastic offering
- 6. Sigh
- 7. Stylishly handsome
- 8. CSAF from August 1, 1973, to Jun. 30, 1974
- 9. Popeye’s girl Olive
- 10. Father
- 11. USN rank
- 12. Finnic people of northern Norway, Sweden and Finland
- 15. Babble
- 20. Picnic crasher
- 23. Bond writer Fleming
- 24. Even if
- 26. Thinking piece
- 27. ’70s TV show
- 28. Fast, in brief
- 29. Serious injury center
- 31. Garden spot
- 32. Abysmal
- 33. Scent
- 34. Minor Prophet of the 7th century B.C.
- 35. Sea bird (var.)
- 39. Sis’ sib
- 41. CSAF from Sep. 2, 2005,

- to present
- 42. Drench
- 45. Greek letter
- 47. CSAF from Sep. 6, 2001, to Sep. 1, 2005
- 49. Perfect
- 51. Fit in
- 52. NJ team
- 53. Span between DPRK and ROK
- 55. Roman garb
- 57. Paddles
- 58. Blob
- 59. Exploit
- 60. Zero
- 62. Singer Jones
- 63. Sault _ _ Marie

See SOLUTIONS, B4

Team Hickam History
The Air Force’s most historic airfield

March 23, 1950 – Opening ceremonies for the new Airmen’s Swimming Pool at Hickam included participation by Ester Williams, Hollywood movie star.

March 23, 2005 — Col. William J. Changose took command of the 15th Airlift Wing, Hickam AFB, HI, from Col. Raymond G. Torress. Col. Torres went on to become the Vice Commander, 21st Expeditionary Mobility Task Force (21 EMTF/CV) at McGuire AFB, NJ.

March 24, 1950 — The new Hickam Theater was opened with appropriate ceremonies, which included a free, show (preview of the movie “Twelve O’clock High”) for all military personnel and their dependents.

March 24, 1955 — The Seventh Air Force established its headquarters at Wheeler AFB in the newly modified and rehabilitated Building 107.

March 26, 1948 — Hickam Field was reded-

SUDOKU

For solution, see SUDOKU, B4

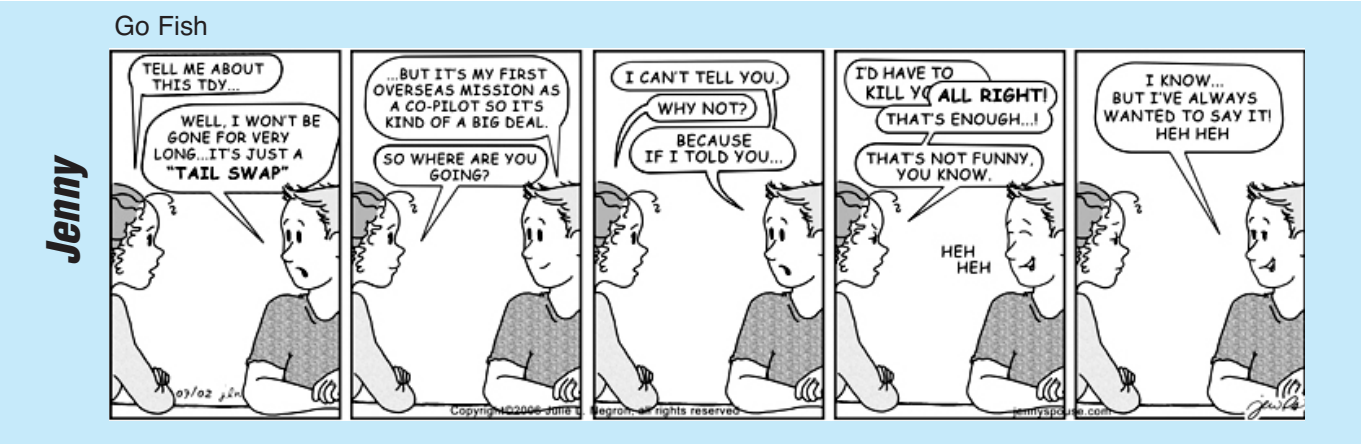
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ignated Hickam Air Force Base (GO #10, Pacific Air Command).

March 28, 1960 — Some 17 Hickam-based C124s participated in “Operation Big Slam/Puerto Rico,” the largest peacetime air transport movement of U.S. Army forces to that time. Just a couple months before his retirement, Gen. William H. Tunner organized this exercise to test the ability of Military Air Transport Service (MATS) and the U.S. Army to respond quickly to an overseas contingency. From over one dozen bases, MATS aircraft airlifted 21,000 troops and 11,000 tons of equipment from several posts in the U.S. to Puerto Rick and back again.

March 27, 1990 — From March 23 to March 27, Gen. Colin L. Powell and his wife Alma visited Hawaii.

March 30, 1961 — The PACAFBASECOM Provost Marshal Office was redesignated the Directorate of Security and Law Enforcement, in accordance with USAF policy.



CHAPEL

Editor’s note: For more information on Base Chapel services or for prayer requests, call the Chapel Center at 449-1754 or Nelles Chapel at 449-6562.

| PROTESTANT | JEWISH | CATHOLIC | BUDDHIST | ISLAMIC |
|------------------------------|----------------------|-------------------------|-------------------------|----------------------------|
| Nelles Chapel | Aloha Jewish Chapel, | Nelles Chapel | Honpa Hongwanji Hawaii | Friday Congregational |
| Sunday Contemporary | Pearl Harbor | Weekday Mass 11:30 a.m. | Betsuin A Shin Buddhist | Service |
| Service 8:30 a.m. | 473-0050 | Saturday Confessions | Temple | (1935 Aleo Place, Punahou) |
| Sunday Gospel Worship | Jewish Lay Leader | 4:15 p.m. | 536-7044 | 1 p.m. |
| 11:15 a.m. | Mr. David Bender | Saturday Mass 5 p.m. | | Muslim Association |
| Sunday Praise Gathering | 527-5877 | Chapel Center | | of Hawaii |
| 5:30 p.m. | Naval Station Chapel | Sunday Mass 10 a.m. | ORTHODOX | 947-6263 |
| Chapel Center | 473-3971 | | For more information | |
| Sunday Traditional 8:30 a.m. | | | call 438-6687 | |

AT THE MOVIES

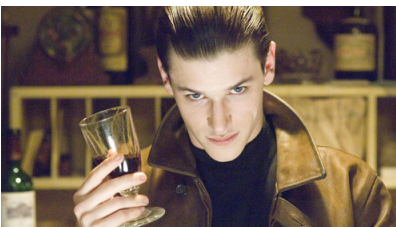
Memorial Theater 448-2297 • CLOSED Monday and Tuesday

Friday and Saturday 7 p.m.



BREACH – FBI agent Eric O'Neill sees it as a great career move when he is promoted to a job inside FBI headquarters working for respected agent Robert Hanssen. Then O’Neill learns his true mission: finding proof that Hanssen has been selling American secrets to the Soviet Union for many years. Starring Chris Cooper and Ryan Phillippe. Rated PG-13 (violence, sexual content, language) 110 min.

Sunday and Wednesday 7 p.m.



HANNIBAL RISING – In Eastern Europe, a young Hannibal watches as his parents violently die, leaving his young sister in his care. As an adult, he is accepted into medical school, which serves to hone his skills and provide the tools to exact justice on the war criminals that haunt him day and night. Starring Gong Li, Gaspard Ulliel. Rated R (grisly violence, language, sexual references) 117 min.

Thursday 7 p.m.



LETTERS FROM IWO JIMA – The story of the battle of Iwo Jima between the United States and Japan during World War II, as told from the perspective of two good friends serving in the Japanese forces, who watch helplessly throughout various battles as their comrades are killed. Starring Ken Watanabe, Kazunari Ninomiya. Rated R (graphic war violence) 141 min.

SOLUTIONS, From B3



SUDOKU, From B3

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 9 | 7 | 6 | 1 | 8 | 2 | 5 | 4 | 3 |
| 3 | 5 | 1 | 9 | 7 | 4 | 8 | 2 | 6 |
| 4 | 2 | 8 | 6 | 5 | 3 | 9 | 1 | 7 |
| 2 | 6 | 4 | 5 | 3 | 1 | 7 | 9 | 8 |
| 7 | 1 | 5 | 8 | 6 | 9 | 4 | 3 | 2 |
| 8 | 3 | 9 | 2 | 4 | 7 | 1 | 6 | 5 |
| 1 | 4 | 7 | 3 | 2 | 5 | 6 | 8 | 9 |
| 6 | 9 | 3 | 7 | 1 | 8 | 2 | 5 | 4 |
| 5 | 8 | 2 | 4 | 9 | 6 | 3 | 7 | 1 |

AGONY OF “Da Feet”

Tech. Sgt. William T. Parker
Physical Therapy assistant

So, you've finished your three mile run. You have stretched, hydrated and cooled down properly and feel like you could run another mile if it wasn't for your aching and swollen feet. Fortunately, you don't have to look any further south than the ground your feet rest on for the problem ... improper shoes. The right running shoes can mean the difference between crossing the finish and stopping early due to pain. Here are some facts that will assist you with choosing a proper shoe. Finally you need to stop running in those basketball shoes.

Some facts about running shoes are that they are expensive, and should only be used for running. Nevertheless, more expensive shoes are not necessarily better. When selecting the proper shoes, wear your running socks and remember that shoes will stretch slightly. Your feet may also swell, but this is normal. Leave one thumb width between the longest toe and end of the toe box when you try on new shoes.

Good running shoes will cost on average \$45-\$90 and will generally last 6-9 months or 400-500 miles. Also, avoid buying new shoes online, due to the fact that you cannot return them if they don't fit properly. It is important to try them for the first time.

When choosing the proper



Photo by Angela Elbern

The right running shoes can mean the difference between crossing the finish line and stopping early due

to pain. When choosing the proper running shoe, you should consider both your foot type and the shoe design.

shoe, you must consider both your foot type and the shoe design. Once you determine your foot type, you can then choose the appropriate shoe design. There are three basic foot types, normal feet, flat feet and high arched feet.

A simple way to determine your foot type is to wet the bottom of your foot. Then step firmly on a brown paperbag or even concrete. The wet area of your foot will touch the surface of the ground leaving only the points of pressure. This will give you your foot type. Many shoe stores,

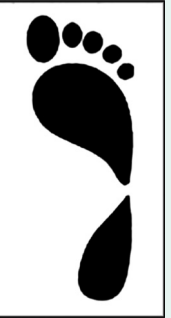
All three foot types require different shoe designs.



Normal feet: semi-curved, moderate control and stiffness



Flat feet: straight design, maximum control and stiffness



High arch: semi-curved, minimum control with high flexibility

including the BX have a similar chart posted to assist in determining your foot type.

Determining the proper shoe design is as equally important. There are three types of shoe design, straight, semi-curved and curved.

For those with normal feet, you should select a shoe designed for stability. Normal feet are flexible as they grip the ground and become stiff at push off. You should look for a shoe that provides moderate control, stiffness with a semi-curved design.

For those who have flat feet,

motion control shoes will work best. Flat feet are flexible as they grip as they grip the ground and remain flexible. Look for a shoe with a straight design that will provide maximum control and stiffness. Flat feet “over pronate” or roll inward, so a good arch support will help prevent this.

High arched feet are less flexible and do not adjust to terrain well but, provide good base for support. High arched feet tend to “supinate” so select a shoe that will provide minimal control with some flexibility. Feet that supinate roll outward when walking or running.

Shoes are designed for motion control, stability and cushion.

- Motion Control: flat foot
- Stability: Normal foot.
- Cushioned: High arch runner.

This accounts for the majority of people
Shoes can be purchased with a stabilizing feature or support which is added to the inside or medial portion of the heel to counteract the foot rolling inward (pronation).

One way to determine the stability of a shoe is the Crush Test. The crush test is performed by bending the foot of the shoe towards the heel. The bend should be fairly stiff.

So, hopefully this information will assist you in selecting the proper running shoe. Properly selecting the appropriate shoe should make you more successful during your run and help prevent the agony of “Da Feet.”



Hickam Heat turns it up at league tourney



Photo by Gretchen Fauber

The Hickam Heat, a Hickam Youth Sports Mitey Mites Division basketball team of 7 to 8 years olds, came out on top at the Mar. 9-10 end-of-season tourney held at the Hickam KidsSports Gymnasium. The Heat were one of eight teams in the tourney, which included four Hickam teams and two each from Pearl Harbor Naval Station and Kaneohe Marine Corps Base. Congratulations to the Heat, who outscored the Hickam Sixers, 36-26, to take home the

tourney trophy. The Hickam Heat — the Mitey Mite Division end-of-season tourney champions — are as follows: (top, from left) Coaches Tony Douglas and Maylene Little; (middle row) Tyreef “The Blanket” Cleveland, Casen “Sky Warrior” Dunn, Tony “Fast Break” Douglas, Hunter “Hot Shot” Cort; and (front row) Keith “The Thief” Little, Mitchell “Hip Hop” Fauber, Christian “Air” Knight, Tiarra “The Hammer” Edwards and Jahmyl “The Real Deal” Jeter.

FITNESSTIPS

EXERCISE: Assisted pull-up

MUSCLE GROUPS: Back and neck

U.S. Army Captain Rachel Myrtill performs an assisted pull-up. Before you begin this exercise ensure you select the proper amount of weight assistance so you can perform 8 to 12 repetitions. During this movement, the exerciser should kneel onto platform and grasp horizontal handle. Slowly pull your body upward forming 90-degree bend on the elbows or slightly higher without allowing the low back to hyperextend. Lower the body in a controlled manner while maintaining tension on the back muscles. Repeat repetitions to complete a set.

15th Services photos



START



FINISH

Hickam Hurricanes score big at Sparky Meet

By Jeff Nicolay
Hickam Kukini editor

It was a big weekend for the 23 members of the Hickam Hurricane Swim Team at the Annual Sparky Meet held in Hilo Mar. 10-11. According to team coach Krista Garrison, the Hurricanes brought home 21 first-place ribbons, 14 second-place ribbons, 25 third-place ribbons and 38 ribbons ranging from 4th through 8th places.



The Hurricane's Emily Borger broke the Sparky Meet record in the girls 10 and under 100-yard individual medley with a time of 1:27:38.

Congratulations to all the swimmers on a job well done and a successful weekend. Congratulations also to Emily Borger for breaking the Sparky Meet record in the girls 10 and under 100-yard individual medley with a time of 1:27:38. The Hickam Hurricane Swim Team practices Monday through Friday from 3:30 to 6 p.m. at Dive Pool #1. Tryouts for the swim team are at 4:30 p.m.



Courtesy photo

The Hickam Hurricane Swim Team: (Top row from left) Coach Krista Garrison, Coach Melinda Graham, Anna Moyer, Amanda Schultz, McKalie Day; (middle row) Becky Blackshear, Jazmin Wimberly, Darlene Bugado, Taylor Day, Emily Borger, Emily Schultz, Faith Racine,

Michaela Blackshear, Allen Cheatwood; (front row) Alana Cox, Haley Talait, Sarah Cox, Cheyenne Cheatwood, Miquela Goodson, Ryan Bloom, Justin Edwards, Nick Talati, Maggie Price, Annika Wooten and Marissa Goodson. (Not pictured: Taylor Redmond.)

SPORTS, From B1

and sailing races. Spend the day playing on our Joust, Castle and Sumo wrestling bouncers. For more information, call 449-5215.

Kidsports Fit Factor Program — Kids, if you're between the ages of 6-18 and you're not enrolled in the Air Force-wide Fit Factor program, you are really missing out! And joining is so easy. Sign up at any Youth Programs facility or the Community Center. You'll be entered

into the program electronically. After that, you go on to the Web site, log in your activity points and get neat incentives for the levels you reach. Get all the information you need to learn more about this activity-based program at www.afgetfit.com. You can earn points doing all kinds of activities — everything from washing the dishes or participating in your P.E. class, to playing your favorite sport earns you points. Call 448-8026 to get all the details about the Fit Factor program.